

THE MILK DIET FOR HEALTH.

BY
S. LIEF, D.P., N.D.



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Foreword.

The following essay was first published in "The Journal of Health." The interest it has aroused, and the enquiries occasioned by it have suggested its reappearance in booklet form.

There is but little doubt that education regarding the milk diet as a curative factor is greatly needed in this country. It is regrettable that even most of the healing fraternity know so little of its value and many are prejudiced without taking the trouble to investigate the subject.

It is with the hope that it will stimulate interest in the diet and that its curative value be more recognised that this article has been written.

THE AUTHOR.

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The Milk Diet.

A Cure for the Uncured.

IT can truly be said that of all the natural methods of treating disease, the milk diet is the least known and understood, yet were I limited to just one method of treatment I would select the milk diet as the most potent remedy for treating disease, for from actual experience and observation of hundreds of cases treated by me during a period of many years, I have arrived at the conclusion that in the exclusive milk diet we have the nearest approach to a cure-all known.

For consider! What other remedy is there that can be depended on to permanently stop the pains of rheumatism, neuritis and arthritis?

What other remedy is there that will stop inflammation and heal ulcers of the stomach, duodenum and colon in a few weeks and prevent any return of the trouble?

What other means will always increase the body weight in the emaciated, and reduce weight in the obese, and in either case cause an improvement in the quality of the flesh?

What other method can be found that will permanently cure that most prevalent condition—constipation? In fact, there is no case of constipation, except where due to organic obstruction, that cannot be cured by the exclusive milk diet.

What other treatment has ever been devised that will cure most chronic forms of anæmia, auto-intoxication, acid stomach, dyspepsia, indigestion, poor circulation, high blood pressure, kidney trouble, consumption in its earlier stages, colitis, ulceration of stomach and intestines, neuralgia, neuritis, rheumatism, etc., etc.?

The exclusive milk diet with the aid of proper hygienic measures does these things, not in only a few cases but in all cases that are not past human help. There are no chronic diseases in fact in which the exclusive milk diet should not be used, and in which it will not be beneficial. I say chronic disease because in acute disease, fasting—

entire abstinence from food—is the indicated remedy until the acute symptoms disappear ; even here, too, milk is the best diet following the fast.

Although so little known, the method is not new. Undoubtedly it is of ancient origin, as many writers of long ago mention its use. It is, however, only of recent years that its true value has been recognised and given a more solid place in therapeutics.

It would, of course, be hardly possible to describe this system of treatment in detail in the space at my disposal, but I shall endeavour to point out the fundamental principles, discuss some of the factors most commonly misunderstood, and answer a few of the criticisms and objections that are made to this method.

We will begin by answering the most important question. How does milk cure ?

How Milk Cures.

Milk cures because it furnishes elements which are needed by the body in ill-health. A body in a diseased condition needs new blood and needs it quickly, and milk is the proper diet to supply this. It is an easily digested and assimilated food, containing all the necessary elements for growth of tissue and organs, and for the repair of worn out cells. Milk is a living fluid like blood, and some of its constituents cannot be distinguished from similar parts of the blood.

While the proportions of the elements necessary may not be theoretically correct as some opponents of the milk diet contend, yet the alimentary canal has a wonderful selective action and also has a natural means of disposing of surplus or waste matter. The people who argue against milk most strenuously are those who have never learned how to take it properly, and because it has affected them disagreeably, they imagine that it must have the same result with others.

A well-known authority on the Milk Diet discussing this question says, " It is the best food in that most precarious period of our life—babyhood, and it is also the best food in that other critical period, whether of the babe or adult—chronic illness. Some have said, ' Milk is good for babes, not for adults ! ' This

is true, and that is just why we prescribe it to sick people. No sick person is an adult. Let him first restore his emaciated, depleted, enervated, functionless, worn-out old body to normal proportions before he claims maturity. And this is best done by taking the food of babes—milk."

Correct Method of Taking the Diet.

Now, as to the proper method of taking this "diet."

I have seen many patients who would exclaim, when they were first informed that the milk diet had been prescribed for them, that they never liked milk; they were always prejudiced against it and could not possibly take it. "Oh, yes," some have informed me, "I tried it but it simply did not agree with me, I drank all I possibly could. It made me constipated, gave me headaches; in fact I just felt miserable all over. Milk simply does not agree with me." Upon enquiry, however, as to the manner in which the "diet" was taken I usually found they had taken three regular meals with whatever milk they were able to drink between, thus imagining they were on the milk diet. Is there any wonder they felt miserable and concluded that the milk diet was not for them? Such a procedure is just the kind that will produce disease. It is not "dieting" but "stuffing."

It must be clearly understood, therefore, that the milk diet properly means milk, and milk only. No other food whatsoever is to be taken (with the exception of fruit in some cases). I have seen the same persons who objected to the "diet" before, after being properly prepared for the diet, and after following definite detailed instructions, consume the necessary quantity daily without any disagreeable inconvenience, and with the greatest benefit to their health.

Preparation for the Diet.

To get the best results from the milk diet it is advisable to fast for a few days preceding the diet. This is not absolutely essential, for in many cases I know the ordinary diet has been stopped on one day and milk started the next with good results. But it is certain that the diet will

be much more likely to agree when a fast precedes it than when taken following ordinary dietetic habits. The fast seems to prepare one for the diet. The stomach, after a fast, is in a better condition to absorb a food like milk. Instead of the fast, a few days of fruit juices can be taken with good benefit.

The Daily Quantity Necessary.

In regard to the quantity to be taken, it is hard to lay down hard and fast rules. To begin with it depends whether a fast has been taken or the regular meals eaten. If a fast has preceded this diet it is necessary to begin gradually, depending on the length of the fast.

The stomach after a fast is contracted and the muscles not having been exercised as usual, are weak. Work, therefore, must be taken up gradually. The following rules as to quantity should therefore be observed for a start.

After a three days' fast take a glass ($\frac{1}{2}$ pint) of milk every hour on the first day, and every half-hour the next day and thereafter. After a seven days' fast take a glass every 2 hours on the first day, every hour on the second, and every half on the third and thereafter. After a ten to fourteen days fast, take only half a glass every 2 hours on the first day, a glass every 2 hours the second day, and then continue increasing daily as before.

If the milk, however, is taken immediately following a regular diet, a glass should be taken every half-hour the first day.

The ideal amount to be taken daily is six quarts. There are some who prescribe half a pint every half-hour while some even go so far as to advise to drink even during the night when awake, but in my experience I have found that the half-pint glass half-hourly for twelve hours daily is the best course in most cases. Observe please that I say in most cases. There are some of course who can take more than six with apparent good result but generally the twelve hours' drinking at the regular intervals mentioned and the twelve hours' rest is the most beneficial.

To illustrate. I have had patients who were gaining steadily on six quarts per day, but who thought they could hurry the process, after reading an article on this

method where it was advised that as much milk as possible should be taken—as much as eight or even ten quarts were advised. At the end of three days of eight to ten quarts daily they found that they were losing weight. On going back, however, to the ordinary quantity of six quarts, their weight again began to steadily increase.

A Dietetic Rule Violated.

This frequent taking of the milk violates another cherished rule, usually given by dietiticians, which says that no more food should be taken in the stomach while undigested matter remains there. This rule is all right for ordinary foods, and even on a milk diet if any other food (except fruit) is used with it. But with nothing in the stomach except milk, which is curdled as soon as it enters the organ, there is no harm in adding more milk. The partly digested milk seems to act as a starter for the new milk and combines with it perfectly. It is unnecessary for me to argue on this point. "The proof of the pudding is in the eating." There are thousands of people who have taken milk in this way, who could not possibly have taken enough to be of great benefit by taking it in meals three or four hours apart.

The stomach must be kept working to its highest capacity during the milk drinking hours. Do not let your stomach be the judge as to the amount needed. A bad stomach is probably in such a condition that it does not know what is good for it. It has been misused for so long that all it is willing to do is to pass along some predigested stuff which does not call for any great effort on its part, and furnishes very little vitality to the body. Give the stomach some work to do, but let it be a material that will make good rich blood. Even if there is some inconvenience the first day or two, the milk should be kept going until the new circulation stimulates the cells and glands to make the proper digestive juices. Things will then begin to go better.

Milk of Proper Quality of Great Importance.

When attempting the milk diet it is of the greatest importance to secure milk of the proper quality. Impure milk

can never be depended on. It is useless to try a diet of this kind with poor milk. It must be the best, and when I say "best" I do not mean rich in cream, for the excessive amount of fat is a disadvantage in the milk diet. The latter statement may surprise those who think of milk only in terms of calories and butter-fat, but experience has shown that the fat is the least important part of the milk, and is the most disturbing element where any difficulty occurs in taking it.

For the above reasons, milk from Jersey cows is not suitable for this diet. It has an excess of butter-fat. Milk from Holstein or ordinary dairy cows is undoubtedly the best, therefore, for this purpose, as it contains less fat, and I use it exclusively in my own practice.

Milk with an excess of butter-fat like that from Jersey cows can best be used by allowing the milk to stand a few hours and removing the layer of cream that forms. This first rising of cream contains the largest fat globules which are the ones most difficult to assimilate. The smaller particles of fat remain longer in the milk, and it is difficult to remove all of them, but they are not so detrimental, because of their small size: they may be taken directly into the circulation without having to be broken up.

The milk should be sipped slowly and in small sips. Whether it is held for a time in the mouth and "Fletcherized" before swallowing is unimportant. But it is of the utmost importance that it enters the stomach in small amounts. The smaller the sips the smaller the curds in the stomach and the better their digestion. Larger sips form big curds which are with difficulty digested.

As to the temperature of the milk: It should usually be cool. Where there is emaciation, poor circulation, or during very cold weather, it is usually better to take the milk warm. It should never be boiled and never heated over one hundred and ten degrees.

Symptoms that may Occur and How to Overcome them.

Now, let us consider some of the unusual symptoms that may occur on the exclusive milk diet. Many of these symptoms are the reasons why many people, attempting the treatment on their own, stop soon after starting.



MR. GEORGE THOMAS
Before the Milk Diet.



MR. GEORGE THOMAS
After six weeks on the Milk Diet, showing
a gain in weight of three stone.

One of the first symptoms that may appear in connection with the milk diet is constipation. This should not in the least cause worry, for it will be remedied in all cases if the diet is persevered with. In fact there is no better cure for constipation than the milk diet. The cure is a natural consequence of the better circulation of the blood, increased secretions, growth of the intestinal muscles and restored positions of the organs involved. If constipation occurs in the lower rectum it is often due to a loss of the natural pad of fat which surrounds the rectum and keeps it straight. With this gone the rectum dilates, its walls weaken, and it loses power of expelling the fæces, so that they accumulate large masses back of the sphincter muscles that control the outlet. The milk diet restores this fatty mass and cures the condition. When constipation appears on the milk diet it may appear that the milk is the actual cause of this condition. But when we consider the subject properly we must conclude differently. Constipation is chiefly due to enervated and weakened intestines, which in that condition have been stimulated by drugs and rough foods. This is particularly true of those who have arrived at the "milk diet stage." of their health journey, and whose intestines refuse to do their duty unless they are given their daily "persuader" in the form of bran bread, pills, bulky foods, enemas, etc. When they begin to take milk, which is unirritating and non-stimulating, they of course become constipated. When, therefore, one becomes constipated while taking the milk diet, the first impression is that the milk is the cause of the condition when in reality it is the weakness of the bowels themselves. *There is no better way to strengthen the muscles of the intestines and cure constipation than a long continued milk diet.* So common in fact are the cures of constipation by this diet that the statements of some people that milk causes constipation are ridiculous.

There are a few methods by which the bowels can be forced to action when constipation occurs at the commencement of this diet. In some cases the mere taking of a larger quantity of milk will accomplish this, while in other cases addition of a little dried fruit in the form of raisins, figs, prunes or currants will bring about the desired result. It must be remembered, however, that the curative value of the milk will be lost to a certain extent when

the addition of any substance is made, even if it be in the form of fruit. Another method which will bring a movement about, and I believe quite the best one, is to inject a pint or two of warm water in the rectum. The smallest amount of water which effects the purpose should be used. Retaining this enema for as long as possible will help in ejecting the fæces. Above all it must be remembered that to avoid complications, a daily movement should be insisted on. Another very effective method to overcome this condition is to inject about half-a-pint of olive oil just before retiring and retaining it during the night.

Another symptom that occurs in some cases is diarrhœa, and this condition is more difficult to remedy. When this trouble occurs the amount of milk should be reduced for a few days. I have had cases where the patient had many bowel movements a day for more than a week, after which they became normal and the full quantity of milk was taken. In some instances the use of sweet fruit such as dates, prunes or raisins will relieve this condition. There are cases in which diarrhœa cannot be stopped, and the diet must be discontinued.

A prevalent symptom which is the cause of a great deal of discomfort during the first few days, and which gives the wrong impression that it is necessary to discontinue the diet when this is present, is nausea. The patient at times feels like vomiting and the taste for milk entirely disappears. It is, however, a mistake to think that this is a sign for discontinuing the diet. What it really indicates is that the stomach is not furnishing enough acid to digest the milk. The right thing to do then is to supply the necessary fruit acid. About the best fruit acid that can be depended on is lemon juice. As a proof that there is need for these fruit acids, after you have taken them, the milk will taste good. One should not wait until he is entirely sick, but the moment he begins to "turn against" the milk or seems to feel that the milk might make him sick, then is the time to begin sucking a lemon. The lemon should not be used at the same time that the milk is taken but a few moments before or a few moments after. By using lemon, therefore, larger quantities of milk can be taken without any trouble.

Various other symptoms may arise on the milk diet, such as headache, pains in the limbs, feeling of weakness,

bad taste in the mouth, restlessness, gas in bowels, sleeplessness, and in a good many cases the symptoms of some long forgotten ailment will appear.

Of all the symptoms manifested there is not one that should give cause for alarm. Most of the symptoms manifested are indications of the house cleaning, and rejuvenation which the body is undergoing, and are no sign that the milk should be discontinued.

Most of these unpleasant feelings disappear after the first week or two on the diet.

The Necessary Adjuncts to the Diet.

Regarding the necessary adjuncts to the milk diet. the question arises whether exercise should be taken or complete rest be had. There are many theories about the matter. One authority especially emphasises the necessity for complete rest in bed during the whole period of the diet, but from my own personal experience it is only in certain cases that rest is advisable. In such conditions as arterio sclerosis, high blood pressure, tuberculosis, gastric ulcer, heart lesion, kidney disease or extreme nervous depletion, is rest indicated, but the general run of cases are better up and around. Patients are happier, retain the weight gained and have more permanent results if they take a certain amount of exercise.

The best course to follow on the whole is to take some exercise in the morning before starting the milk and then to take it easy during the day.

Daily baths are of the utmost importance while on this diet. Excessive bathing, however, which depletes the vitality, should be avoided. A warm shower or warm bath tub daily are the best.

It is also of the utmost importance to get as much fresh air as possible. Keeping in the open while on this diet is most advisable.

In regard to the length of time the milk diet should be continued, the answer is : The longer the better. The wisest course is to continue it until all the symptoms have disappeared. There are cases in which it is necessary to alternate the diet with a fast several times, until the purpose is effected. It must be remembered that the body requires time to overcome the injuries of years of

wrong living, and because health does not follow after a few weeks of the milk diet it must not be considered a failure. It must be repeated again and again until health is attained.

I have known people who lived on milk for months with most wonderful results.

Wonderful results ! Let me state a few cases that have come under my personal supervision to prove the statement that the milk diet is truly a life saver. These cases have all come to me after trying all methods possible with little result.

Results Accomplished by this Method.

A case necessary to mention is that of a young man who weighed but six and a half stone when he began this diet, and suffered a long period with all manner of ailments. In brief his history was as follows. His heart and lungs were sound but his alimentary tract and nervous system were truly in a sorry state. There was chronic gastritis, and there was no bowel action without medicine or enemas. He suffered severely in cold weather due to sluggish circulation, and even in comparatively mild weather had to bundle up in a thick suit of underwear, a sweater and overcoat. His mental state was as bad as his physical. His memory was gone and his mind a confusion of ideas. The treatments he tried would take considerable space to describe in detail—from medicine to electricity, from spinal manipulations to diet, but was still slowly starving to death. To me he appeared to be one of the poorest specimens of humanity I have ever come across in my practice. The milk diet was prescribed, and he began with one glass ever two hours on the first day. He found it difficult to digest even this quantity, so weak were his digestive powers. However, after gradually increasing the quantity daily he ultimately managed to digest the necessary amount of six quarts per day. And with wonderful results ! After six weeks on this quantity daily he had gained close on three stone in weight, with a corresponding gain in health and strength. There were bowel actions without artificial aid, and his circulation had so improved that all the superficial clothing was shed. He walked long distances and began to take other exercise. His

mental condition completely changed and he became in every respect a different man. And these results were not temporary. The improvement continued after the discontinuation of the milk diet.

Another interesting case is that of a man who suffered for eighteen months and who in the end was given up by doctors as incurable. His case had been diagnosed by specialists as chronic anæmia and neurasthenia. He certainly looked a very sorry creature when he came to me. Thin, yellow, sad, with hardly any strength in his legs to stand, one could see that he suffered a good deal. Milk was again the prescription and again it proved that the diet is literally a life saver. After only four weeks on the milk he gained a stone in weight, and was able to walk from five to seven miles daily. On returning to his occupation and regular diet he was able to work twelve hours daily and continued improving.

Yet still another case that must be mentioned—that of a young woman, who came with her arm in a sling due to neuritis. She had been attended by many doctors and tried many methods. In the end she was unable to use her arm and she was advised to have it in a sling. She came to me, and after some persuasion she decided to try the milk diet. After the preliminary preparation she drank six quarts of milk a day for about four weeks. She lost all nerve pains, and she was able to join in the gymnastic classes. I heard from this lady six months after her cure, and she reported continued improvement in her health with no recurrence of the trouble.

And so one could go on indefinitely of the results brought about by the milk diet. These few cases are mentioned, not because they are unusual—I am proving daily that such results are common with the milk diet when it is taken correctly and for a long enough time—but to stimulate those who have not tried the diet to do so.

The photographs published on another page specially illustrate what a change the milk diet can bring about. The photographs were taken six weeks apart—the weight gained in that time being close on three stone with corresponding gain in health such as was never experienced before.

Of course, cases can be recorded where the milk diet has brought about very little improvement. I have met

people who have tried the diet with very disappointing results, but in nearly every case the failure to benefit has been due to the wrong manner of taking the diet. Many fail because they take the milk irregularly, and in wrong quantities. Another cause of failure with many is because they make the change to solid food abruptly. When the time for stopping the diet arrives, milk should be taken in the regular way until one o'clock in the afternoon, then nothing except water, if desired, until five or six o'clock, when a light meal may be eaten. This plan should be followed for from four days to a week, when the regular meal plan may be resumed.

No Failures when Diet is taken Properly.

When taken properly this diet very seldom fails. Aided by a few other equally simple procedures it will cure many of the ills that the ordinary practitioner has no reliable remedy for.

It is lack of education on this matter that the milk diet is so little understood. It is regrettable that out of the many books and magazines on Nature Cure published in this country none have seen fit to endorse the diet. Many are prejudiced against it without taking the trouble to go into the matter. Were they to investigate the method and the marvellous changes that are brought about by this simple plan they would be as convinced of its value as I am.

I may appear to be over-enthusiastic over this diet, but I do believe that the person who uses the fast and the milk diet in his practice uses a regime which will cure nearly every form of chronic disease humanity is subject to. I have advised and supervised the diet in thousands of cases and every statement I have made in reference to it and the results gained have been borne out by long experience. My only desire is that its great curative value is more recognised.

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EDITED BY
S. LIEF, D.P., N.D.

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